

## ABSTRACT OF THE DISCLOSURE

A separator for use in a linear guide having a guide rail,  
a slider disposed on the guide rail so as to move relatively  
5 each other, and a plurality of roller-shaped rolling elements  
incorporated in the slider, the separator has a separator main  
body having, on both sides in a front and rear direction thereof,  
recessed surface sections which contact circumferential  
sections of the rolling elements; and at least a pair of arm  
10 sections provided parallel to each other on both sides of the  
separator main body while being oriented in the same direction,  
wherein a length of the arm section is equal or shorter than  
a distance between centers of two adjacent rolling elements  
with the separator main body sandwiched therebetween, with  
15 respect to a lateral direction of the separator main body.